
THE BEACON

Al-Anon Family Group | District 159 | Naples, Bonita Springs, Immokalee & Marco Island

The 12 STEPS, TRADITIONS, & CONCEPTS guide us in recovery and show us a better way to live.

“ The Steps show me how to love myself; the Traditions show me how to love others, and the Concepts show me how to love the world that I live in.” *Paths to Recovery, Page 34!*

STEP 1

We admitted that we were powerless over alcohol—that our lives had become unmanageable .

TRADITION 1

Our common welfare should come first personal progress for the greatest number depends upon unity.

CONCEPT 1

The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.



**HAPPY
NEW YEAR!!**



**ONE OF THE BEST DISCOVERIES
OF ALL TIME
IS THAT A PERSON CAN CHANGE
BY MERELY
CHANGING HIS ATTITUDE.**

-OPRAH

LET IT BEGIN WITH ME...

Spiritual Principle of the Month

HONESTY - I must be honest with myself and with my higher power while facing the reality of my circumstances. My purpose is to know who I am, how I got this way, and my characteristics that I have to work with. In this way I can take a positive step toward recovery. Blue Print for Progress



ANNIVERSARIES & CELEBRATIONS

Let us help you celebrate your group's Anniversary! Send your information - time, date, age, & anything else to:

naplesal-anon.org/Newsletter



!! HEADS UP !!

There's a Thursday noon Zoom **Beginner's Meeting**. New Comers, Long Timers & Middle Timers are welcomed. We have a wonderful Beginners' format that goes back to basics and explains Al-Anon to New Comers. At the same time we give the rest of the attendees a refresher course in Al-Anon !

The Zoom meeting ID: 856 0293 7416.

Passcode: spirit

Come one, come all !!

HEARD AT A MEETING..

The word "We" was so comforting when I first came into the program.

Hands off, pays off.

Faith is not about everything turning out OK.
Faith is about being OK no matter how things turn out.



SERENITY PRAYER

God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.

QUICK !!

What are the 3 C's ?



LOOKING FOR A GIFT?



The FORUM is a gift that keeps on giving 12 times a year.

It features timely sharings from Alanon & Alateen members, suggested meeting topics and the latest information on world wide Al-anon recovery

You can receive the FORUM through the mail or get the electronic version by ordering either one online at

e-comm.al-anon.org

It is said that the FORUM is like a meeting in your pocket.



A little over 5 years ago, I was approached after a meeting where I had shared **AGAIN** about my children and was asked if I would join in starting a parents' meeting. I had never heard of that type of meeting but I did realize that some of my concerns and issues as a parent were different than many of the other people in the rooms.

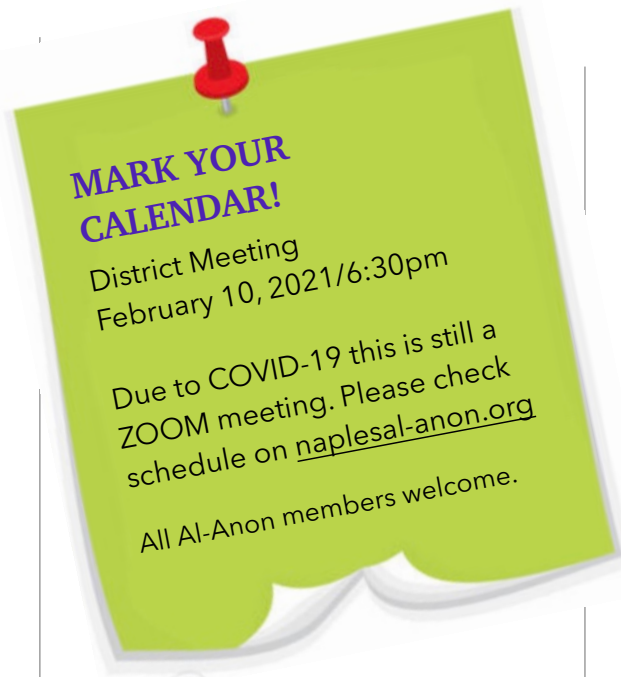
The *Serenity for Parents and Families* meeting was born 5 years ago. We have grown from around 10 members to filling up the Couch Room at the 24-Hour Club. And, that was the impetus to start another parents meeting which also has regular and amazing attendance.

Since we have begun Zoom meetings, our numbers are between 40-50 weekly participants and we are going strong! Having a child or grandchild is not a requirement, only that there be a problem of alcoholism.

-Naples

If you are interested in attending, go online to naplesal-anon.org to find a list of Zoom meetings or email serenitynaples2018@gmail.com

We hear the 7th Tradition spoken at every meeting
but can you recite it without looking?
Every group...



**BE THE FIRST
TO GET YOUR OWN COPY...**

of *The Beacon* each month delivered to your email address by going online to

naplesal-anon.org

and follow the Newsletter link at the top of the page. Tap on it and it will bring you to The Beacon; scroll down to the contact form. Fill it out and tap SEND.



WHENEVER we are on the brink of reacting, we can reach into our toolbox for a slogan.

Slogans are wisdom written in shorthand.

YOU SPOT IT, YOU GOT IT

It's not my favorite slogan because when I need to use it, it's because it means I have to look at myself and my own character defects. It reminds me to keep the focus on myself and my own recovery. If I'm caught up in someone else's business, I'm not living the principles of the program. And that's when I get into trouble

-New York

DETACHMENT IS THE PATHWAY TO PEACE OF MIND

When I came into Al-Anon more than four decades ago, I could not have defined what detachment meant. I had no idea it was going to be the most important tool in my "new tool box" in time. I was seeking one thing only at that first meeting: a clear set of directions for changing someone else's behavior. Instead, the group sent me home with a copy of *One Day At A Time In Al-Anon*. I hurriedly read it, quite certain that my answer for changing "his" behavior was there someplace.

Alas, it wasn't. Fortunately, it wasn't. But sticking around, as I have ever since, taught me what a gift detaching from the behavior of others was. In fact, it was far better than learning how to change someone else.

I didn't learn how to detach quickly. Oh no. I have spent years in meetings where listening to others has helped me hone the practice of letting others live their lives without my interference. And I still overstep my bounds on occasion, but I have grown to truly appreciate the moments of peace when I am able to let others simply be who they are. And the more moments of peace that I accumulate, the more I seek.

What a wonderful gift the art of detachment is. How grateful I am that I was hurting enough to go to that first Al-Anon meeting in 1974 because my life could never have become nestled so comfortably in a mind that was peaceful without this journey.

-Minnesota

If you have a favorite slogan and would like to share why, please email it to naplesal-anon.org/newsletter
